

## **Homoeopathic Treatment Of Acne Vulgaris**

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### **Abstract**

Acne vulgaris is the most common skin disorder. The peak incidence is between 16 to 18 years in women and 16 to 19 years in men. Usually the incidence decreases after teens, but sometimes it may persist even in the thirties.<sup>1</sup>

The effects of Acne vulgaris on patients is diverse and vary from psychological effects like withdrawal, developmental problems, depression and anxiety to physical effects like scarring and disfigurement. Modern medicine provide just a temporary relief. With the use of most suitable homoeopathic medicine, acne vulgaris can be properly treated. The case reported here is that of very severe acne vulgaris according to global acne score in an 18 year old girl who was successfully treated with homoeopathic medicine. Patient was observed for 8 months, in these 8 months her acne score reduced from 39 to 2.

### **Introduction**

Acne a term derived from the Greek “acme” or prime of life. The young girl who is desperately aware of the smallest comedo and the young man, with his face or back a battlefield of acne cysts and scars. Both need treatment and help in coming to terms with their condition. Then what is acne?

Acne by definition is multifactorial chronic inflammatory disease of pilosebaceous units. Clinical presentations include seborrhoea, comedones, erythematous papules and pustules, nodules, deep pustules or pseudocysts, and ultimate scarring in few of them.<sup>2</sup> According to Harrison’s internal medicine 17th ed. The clinical hallmark of acne vulgaris is the comedone. Comedones are usually accompanied by inflammatory lesions: papules, pustules, or nodules<sup>3</sup>. Acne vulgaris, the common type of acne, occurs during puberty and affects the comedogenic areas of the face, back, and chest. Familial tendency may be there. In boys, 30–40% of whom have acne between the ages of 18 and 19. In girls the peak incidence is between 16 and 18 years. Adult acne is affecting 1% of men and 5% of women aged 40. Patients with acne often complain of excessive greasiness of the skin, with blackheads, pimples developing & may be associated with inflammatory papules and pustules developing into larger cysts and nodules. Resolving lesions leave inflammatory macules and scarring<sup>1</sup>.

What causes the Acne?, Hormonal disturbances, fluid retention, external factors such as rubbing, friction pressure, and stretching of the skin, occupation, use of cosmetics can trigger acne. Diet – In some patients acne is made worse by chocolate, nuts, and coffee or fizzy drinks, also seasonal variation also affect the acne. Iatrogenic factors such as corticosteroids, OC pills are reputed to cause acne<sup>1</sup>. Acne is influenced and aggravated by stress, often minor stresses<sup>4</sup>.

Acne is associated with psychosocial distress, including anxiety, depression, self-consciousness, embarrassment, lowered self-concept, lack of self-confidence and perceived social rejection. There is also resultant lower academic performance and higher unemployment<sup>5</sup>.

Acne vulgaris is easy to diagnose but the polymorphic nature of acne vulgaris and its varied extent of involvement do not permit simple evaluation of its severity. Because the acne lesions may vary in number

during the natural course of the disease, various measurements have been developed, in that one is Global acne grading system (GAGS). This system divides the face, chest and back into six areas and assigns a factor to each area on the basis of size. Acne severity was graded using the global score. A score of 1-18 is considered mild; 19-30, moderate; 31-38, severe; and >39, very severe (Doshi, Zaheer and Stiller)

As the acne affects the physical as well as emotional pain, so only external application is not the permanent treatment. According to aphorism 5, & 7 we should consider all the causes, his moral & intellectual character, patients remark & remarked by those around him & observation of physician to form a portrait of disease & give medicine on the basis of this 7, only then we achieve permanent cure. Acne is not always an easy condition to deal with because of the often complicated underlying causes. homoeopathic medicines should be thought of as a first line treatment<sup>8</sup>.

homoeopathic similimum aimed at prescribing the totality of the symptoms is always the preferred method of using homoeopathic medicines, there are a number of remedies that are commonly prescribed for those suffering from this condition<sup>21</sup> acne vulgaris were reviewed by Nwabudike L.C & showed that patients who went into remission did not relapse upon cessation of homeopathic treatment. <sup>9</sup> in another research by Dhiren Chandra Das, Tikendrajit Sarma on Utility of Homoeopathic Repertory in Treatment of Acne Vulgaris show that overall 73.26% improvement is noticed in treatment group, while control group shows 8.16% improvement<sup>10</sup> A study on Efficacy of Homoeopathic medicine in treatment of Acne by Swami Shraddhamayanand<sup>11</sup> shows a definite role of homeopathic medicines in the treatment of acne, in this study 97 cases out of 100 showed promising results within six months

### **Case report**

A female of 18 years came on 10/10/15 for homoeopathic treatment of acne vulgaris with following Symptoms

### **History of presenting complaint**

Patient was alright 1 and ½ year back. Patient used to get very small size papules, 1 or 2 in number before menses and used to disappear within 3-4 days. But since 1 and ½ year it was gradually increased and it become papules as well as pustules and require 15-20 days to disappear. Itching is present. It leaves scar mark. <when indigestion <before menses, skin is oily. She used allopathic treatment for 1 year, had dryness of the skin and diarrhoea while taking treatment. She stopped it for few months but after stopping the treatment it came back within 2 months.

Forehead (2) - No lesions (0) - comedones (1) ✓, Papules(2) ✓ pustules (3) ✓ nodules (4) -

Right cheek (2) - No lesions (0) -comedones (1) ✓, Papules(2) ✓, pustules (3) ✓, nodules (4) - .

Left cheek (2) - No lesions (0) -, comedones (1) ✓, Papules(2) ✓, pustules (3) ✓, nodules (4) - .

Nose(1) - No lesions (0) ✓, comedones (1) -, Papules(2) -, pustules (3) -, nodules (4) - .

Chin (1) - No lesions (0) ✓, comedones (1) -, Papules(2) -, pustules (3) -, nodules (4) - .

Chest and upper back (3) - comedones (1) ✓, Papules(2) ✓, pustules (3) - , nodules (4) - .

**Any other associated symptoms:** - not present

: Menstruation is regular. Her Appetite is Adequate But little at a time. Indigestion if eats large amount at time. her thirst is of moderate amount. She has Desires for spicy, & Aversion for sweet foods. Her Sleep is sound. Her bowel movements are twice a day but unsatisfactory. Thermal reaction of a patient is chilly

Perspiration:- little only on exertion

**Past history:** - nothing specific

**Family history:** - Elder sister – acne ; Father – Hypertention on treatment

**CONSTITUTION:-**

Physical Make-up :- lean and thin Thermal State: - chilly

**PHYSICAL EXAMINATION:-**

B.P. - 120/80 mm of Hg Pulse- 86/min

Nails- pink Tongue- mild white coating

Sclera- clear Conjunctiva- pink

Skin- oily

**SYSTEMIC EXAMINATION:**

CVS- S1 S2 heard CNS- conscious & well oriented

P/A- soft & non tender R/S- Air entry bilaterally equal

**Mentals:**

I like to talk. Since childhood I have many friends. Mostly people likes me due to my talkativeness. I am very moody. If my mood is not good then I tell opposite person that don't talk to me. I get angry easily when anything does not go by my way. Without my permission if someone kept my books or things somewhere then I get angry, 1st I tried to tell them, but if I am very angry then I express my anger. I stopped talking to my brother but if there is some work then I talk with him. I don't give trouble to anyone so don't trouble me. I don't express my anger in front of my grandparents. I never do makeup while going out, it won't make any difference, I stay normal but I don't dress up like countryside girl. I am very punctual in my work. I keep my things clean. I mixed up easily. Earlier I had fear of talking to opposite person, but now I am confident. Earlier I was fat, and boys in my school used to tease me and call me bulldozer. But in 11<sup>th</sup> and 12<sup>th</sup>, friends were good , and also my sister encouraged me. One girl in my school group was very bossy maybe that's why I had less confidence.

Observation: - constant frowning on forehead, speaking fast, argumentative nature. Ego in her talking.

**Dignosis:-**

Very severe Acne Vulgaris Case was repertorised on the following on following symptoms by using RADAR.

**Prescription:-** Lycopodium 200 single dose ; Sac. Lac TDS X 15 days

**Basis of Prescription:** In repertorisation lyco[17/10], nux-v [17/8], sulph [16/8] were coming in leading score. In this case lycopodium were selected because it covers mentals , physicals as well as perticulars. Nux v. And sulph were coming in repertorization but their mental state is not matching with patients mental state

**Follow up:-**

Date	Follow up					Treatment
30/10/15	Itching better Anger decreased Menses regular. LMP- 28/10/15 Skin- oily Bowel- satisfactory					Sac.Lac /1 dose, Sac.lac X 15 days
	No of lesions (0)	comedones (1)	Papules(2)	pustules(3)	nodules (4)	
	Forehead (2)	√	√	√	-	
	Right cheek (2)	√	√	-	-	
	Left cheek (2)	√	√	-	-	
	Nose (1)	-	-	-	-	
	Chin (1)	-	-	-	-	
	Chest & upper back(3)	√	√	-	-	

5/12/15	No pustules, no itching Size of papules decreased Skin- towards normal Anger decreased					Sac. Lac. 1dose  Sac.Lac TDS X 1 month	
		No lesions (0)	comedones (1)	Papules (2)	pustules (3)		nodules (4)
	Forehead(2)	-	√	√	-		-
	Right cheek(2)	-	√	√	-		-
	Left cheek (2)	-	√	√	-		-
	Nose(1)	-	-	-	-		-
	Chin (1)	-	-	-	-		-
	Chest & upper back(3)	-	√	-	-		-
2/1/16	Pimples decreased earlier , but mild flare up as menses approached Vitals – NAD					Sac. Lac. 1 dose  Sac.Lac TDS for 1 month	
		No lesions (0)	comedones (1)	Papules (2)	pustules (3)		nodules (4)
	Forehead (2)	-	√	√	-		-
	Right cheek (2)	-	√	√	-		-
	Left cheek (2)	-	√	√	-		-
	Nose (1)	-	-	-	-		-
	Chin (1)	-	-	-	-		-
	Chest & upper back(3)	-	√	-	-		-
5/2/16	Complaints are same as previous. LMP- 1/2/16 Vitals – NAD					Lyc. 200, 1 dose  Sac.Lac	

	No lesions (0)	comedones (1)	Papules (2)	pustules (3)	nodules (4)
Forehead (2)	-	√	√	-	-
Right cheek (2)	-	√	√	-	-
Left cheek (2)	-	√	√	-	-
Nose (1)	-	-	-	-	-
Chin (1)	-	-	-	-	-
Chest & upper back(3)	-	√	-	-	-

8/3/16	No papules on cheeks Before menses flare up still present but decrease in intensity Vitals stable Skin- oiliness of skin decreased					Sac. Lac. 1 dose  Sac Lac TDS for 1 month	
	No lesions (0)	comedones (1)	Papules (2)	pustules (3)	nodules (4)		
	Forehead (2)	-	√	√	-		-
	Right cheek (2)	-	√	-	-		-
	Left cheek (2)	-	√	-	-		-
	Nose (1)	-	-	-	-		-
	Chin (1)	-	-	-	-		-
	Chest & upper back(3)	-	√	-	-		-

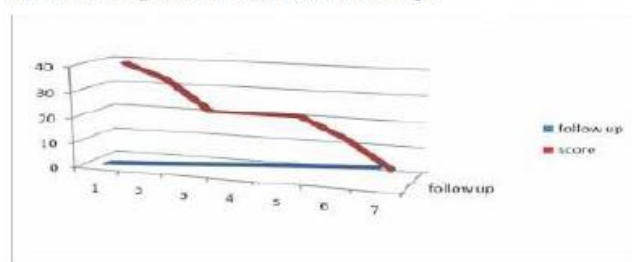
  

20/6/16	Anger decreased Skin- smooth					Sac. Lac. 1 dose  Sac Lac TDS for 1 month  Advised to stop treatment.	
	No lesions (0)	comedones (1)	Papules (2)	pustules (3)	nodules (4)		
	Forehead (2)	-	-	-	-		-
	Right cheek (2)	-	√	-	-		-
	Left cheek (2)	-	-	-	-		-
	Nose (1)	-	-	-	-		-
	Chin (1)	-	-	-	-		-
	Chest & upper back(3)	-	-	-	-		-

5/5/17	Now since one year no medication for acne. No menstrual flare ups. Skin is smooth. No recurrence of acne vulgaris.				
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Discussion: Diagram no. 1. Global score in follow ups.



This line diagram shows that subsequent reduction in global score. Her global score reduces from 39 to 2 after 7<sup>th</sup> follow up. She required repetition once. Patients anger decreased, there was no menstrual flare up . No recurrence of acne vulgaris after last medication. Patient has satisfaction after taking the treatment.

### Conclusion

Above case of acne vulgaris was treated successfully with homoeopathy. Her global score reduced from 39 to 2. There is no recurrence of acne vulgaris since last medicine.

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